

Student's Name (please print) \_\_\_\_\_

**CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND  
ENJOYMENT OF INTERSCHOLASTIC GOLF  
WORTHINGTON SCHOOLS**

Golf is one of America's most enjoyed lifetime sports. Enjoyment, improved play and competition, and safety can be assured by attending to the following considerations and procedures.

**PREPARATION FOR PRACTICE OR CONTEST**

1. Choose footwear and clothing that fit properly and don't restrict movement.
2. Select clothing appropriate for precipitation, humidity, and temperature.
3. In hot humid weather, players should ingest 4-6 glasses of water between 10 am and 3 pm.
4. If ill or dizzy notify the coach. **DO NOT PRACTICE OR COMPETE.**
5. Be alert to blisters, calluses, and foot infections. Report these incidents to the coach.
6. Check clubs regularly for metal stress or other signs of deterioration. Replace or repair damaged clubs.
7. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

**MOVEMENT TO THE PRACTICE/CONTEST SITE**

1. Observe all safety regulations and rules of conduct at the golf courses and driving ranges.
2. Observe safety regulations on vans/buses to and from matches.
3. Be alert to ramps, stairs, artificial turf surfaces, carpets, and concrete surfaces.
4. Be alert to locations of driving, practice swing, chipping, and trap areas.
5. Be alert to cart pathways and practice patterns.
6. Be alert to weather conditions - especially stormy weather. Check with coach before playing if there is any safety question.
7. Adjust for temperature and humidity. A cap, sunglasses, and sun block can be helpful in avoiding discomfort and overheating. Players with sensitive skin should avoid prolonged sun exposure.

**CAUTIONS SPECIFIC TO GOLF**

1. LOOK in all directions BEFORE taking a practice swing. Be sure there is room for the club to be swung safely.
2. No horse play with clubs or equipment. No club throwing.
3. Be alert to players on adjacent tees, greens, roughs, fairways, or practice areas.
4. Be alert to players in front of or behind you.
5. Call "FORE" if any shot moves into an adjacent fairway or at another player.
6. Drink water frequently on the golf course. If uncomfortable stop in a shady area or sun shelter. Consume water. Call for assistance if dizzy, ill, or light headed.
7. If severe weather occurs while you are on the course:
  - a. Remove spikes, get away from clubs.
  - b. Avoid trees, shelters, hilltops, open spaces, isolated trees, or metal objects.
  - c. Move to a wood building, low protected area, or heavily wooded area.
8. If heat and humidity are excessive, players should dry club handles regularly.
9. Complete all injury prevention exercises prior to all workouts and competitions.
10. If weight training is part of your conditioning program, observe all weight room safety procedures. Do not condition with weights on your own without discussing your program with a coach.

**EMERGENCIES**

Because of the nature of golf, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance.
  - b. Bringing first aid equipment or supplies to the site.
  - c. Keeping onlookers away.
  - d. Directing the rescue squad to the site.

**INSURANCE**

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

**ACKNOWLEDGEMENT**

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Golf Program.

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**PARENT SIGNATURE**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**STUDENT SIGNATURE**

\_\_\_\_\_  
**DATE**